

WHO WILL WRITE TO THESE SOLDIERS

They Are Far Away From Home and Lonesome.

The Mist has received the following letter from a soldier boy in Honolulu. It is quite evident that the boys are lonesome and would enjoy corresponding with someone in the states. The letter is:

"Honolulu, T. H., Nov. 21, 1917.

"Editor of the Mist:

"Dear Sir: In our company there are quite a few boys who are very lonesome and would like very much to correspond with someone in the states, of course girls are preferred. Social life here is about as enjoyable as a stag dance. Hoping the girls of my home state will soon write to the boys whose names I submit, I am, sincerely your friend,

"ELMER E. CLONIGER."

The names given are Charles D. Coudry, Herman Cluchie, Levi Burns, Andrew Potts, Charles M. Driscoll, Henry D. Eagan, C. J. Dutton, William Waite, Andy Sandell, Jack W. Law, I. H. Lewis, Lannice W. Griffin, William Drellch, Henry Kyle, John Sargalo, Fred B. Lott, Charles M. Hall, Charles Stanek, Emil G. Mugge, Alis H. Owens, Jas. Halerman, Nels Rodes, John Patterson, Mason C. Webber, Charles Luke, James McElroy.

The address is Co. G, 2nd Inf., Honolulu, T. H., Fort Shafter.

A Christmas card or Christmas greeting would be acceptable to the soldiers who will spend that "Happy Day" far away from home. It is a mighty little thing to do, so when you read this sit down and drop a line to one of the boys.

How to Prevent Croup

In a child that is subject to attacks of croup, the first indication of the disease is hoarseness. Give Chamberlain's Cough Remedy as soon as the child becomes hoarse and the attack may be ward off and all danger and anxiety avoided.

TROOPS ARE BEING RAPIDLY MOVED EAST

Some idea of how quickly the continent is being spanned by the khaki contingent can be obtained from a statement made by local officials of the railroads' war board that 8,000 soldiers have just been moved from the Pacific to the Atlantic, 3,700 miles, in just six and one-half days. The men carried all their equipment with them and were provided with sleeping cars by the Pullman company. The trains operated in sixteen sections and consisted of 12 tourist cars and two baggage cars. There were 500 men to a train.

The Pullman company has established "war headquarters" at Washington, and has already supplied sleeping cars for the movement of half a million men.

To assure the safety of soldiers in transit, the railroads have adopted an average speed of 25 miles an hour for all troop trains except when freight cars are included, when the speed is reduced to 20 miles an hour.

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LODGES

The Loyal Order of Moose, St. Helens Lodge No. 1238. Meets the first and third Tuesdays of each month. All visitors cordially invited.
H. A. COLT, Dictator.
W. W. BLAKESLEY, Sec.

Mizpah Chapter O. E. S. meets in Masonic Hall the second and fourth Saturdays of each month.
MRS. LILLA M. CROUSE, W. M.
JOHN PHILIP, Secy.

Tillicum Tribe No. 52, Improved O. R. M., of Yankton, Ore., meets at its wigwam, second and fourth Saturdays of each month.
W. G. BRANNON, C. of R.
EBER BROWN, Sach.

St. Helens Rebekah Lodge, No. 217, meets first and third Thursday of each month in I. O. O. F. Hall. Visiting members always welcome.
MRS. RHODA M'KIE, N. G.
MRS. ELLA ALLEN, Sec'y.

St. Helens Lodge No. 117, I. O. O. F., meets in the I. O. O. F. building, on the second and fourth Saturdays of each month, visiting members are always given a hearty welcome.
E. ADIN ROSS, Noble Grand.
CHAS. W. BLAKESLEY, Sec.

Avon Lodge No. 62 Knights of Pythias meets every Tuesday evening in Castle Hall, St. Helens. Visiting Knights always welcome.
- E. C. LAWS, C. C.
REESE R. HALL, K. of R. & S.

St. Helens Lodge No. 32, A. F. & A. M. meets 1st and 3rd Saturday in each month. Visiting brothers cordially.
E. A. ROTGER, W. M.
E. E. QUICK, Secy.

TEACHERS' EXAMINATIONS
Notice is hereby given that the County Superintendent of Columbia County, Oregon, will hold the regular examination of applicants for State Certificates at St. Helens, as follows: Commencing Wednesday, December 19, 1917, at 9:00 o'clock a. m., and continuing until Saturday, December 22, 1917, at 4:00 o'clock p. m.

Wednesday Forenoon
U. S. History, Writing (Penmanship), Music, Drawing

Wednesday Afternoon
Physiology, Reading, Manual Training, Composition, Domestic Science, Methods in Reading, Course of Study for Drawing, Methods in Arithmetic

Thursday Forenoon
Arithmetic, History of Education, Psychology, Methods in Geography, Mechanical Drawing, Domestic Art, Course of Study for Domestic Art

Thursday Afternoon
Grammar, Geography, Stenography, American Literature, Physics, Typewriting, Methods in Language, Thesis for Primary Certificate

Friday Forenoon
Theory and Practice, Orthography (Spelling), Physical Geography, English Literature, Chemistry, Physical Culture

Friday Afternoon
Schol Law, Geometry, Algebra, Civil Government

Saturday Forenoon
Geometry, Botany
Saturday Afternoon
General History, Bookkeeping
Very truly yours,
J. W. ALLEN,
County Superintendent.

POULTRY THE BEST CHANCE

Back Yards and Farms Can Double Nation's Meat Supply.

Poultry must be produced next year in places where it has not been produced before, and everywhere that poultry has been produced that production must be increased. It is necessary that people in the country and in the towns answer alike to this call. Farms and backyards must both do their bit, for the doubling of our poultry production next year is an indispensable item in the nation's food production program—a program which must be carried out if we are to win the war.

The meat supplies available for European use are short. Meat must be supplied if the war is won—by the forces who fight for freedom. The war will be won if we fail in food production—but not by us. We must understand what will happen if we do not provide the enormous quantities of foodstuffs that the allies can not produce for themselves.

Are we going to feed our army on chickens and eggs? Of course not. But by greatly increasing our production of chickens and eggs, and by eating those chickens and eggs ourselves we will, naturally, eat that much less beef and pork. In turn, that beef and pork can be sent to Europe.

The United States department of agriculture calls upon the country to double poultry production next year. That can be done if the farms will keep an average of 100 hens instead of an average of 40 hens, as at present, and if every family in town will keep enough hens in the backyard to produce all the eggs used by that family—or two hens to each person.

Stomach Trouble and Constipation.

Those who are afflicted with stomach trouble and constipation should read the following: "I have never found anything so good for stomach trouble and constipation as Chamberlain's Tablets. I have used them off and on now for the past two years. They not only regulate the action of the bowels but stimulate the liver and keep one's body in a healthy condition," writes Mrs. Benjamin Hooper, Auburn, N. Y.

Corvallis is to have a condensed milk factory.

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	A. M.	P. M.
Lv. St. Helens.....	7:30	1:30
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Ar. Portland	9:20	3:20
Lv. Portland	10:00	4:00
Ar. St. Helens.....	11:50	5:50

Saturdays and Sundays
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Leave Portland 11 p. m.

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Arrives St. Helens - 6:00 p. m.
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Leaves St. Helens - 6:15 a. m.
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What are You Doing With Them?

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